

MEET YOUR TEAM

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BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't receive your birthday greeting but would like to in the future, please visit our Contact Page and let us know the date!

REFERRALS MEAN THE WORLD TO US!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. We'd like to thank the following people for doing so this past month:

Alexis H.	Mary L.
Christine H.	Mona R.
Donna W.	Norma R.
Hillary S.	Pamela L.
Holly M.	Ryan B.
Janice W.	Thelma S.
Jon B.	Thomas M.
Julie M.	Ursula H.
Margaret D.	

If you pass along our name to someone close to you, please let us know so we can say thanks!

QUESTION OF THE MONTH

I think I may have fungal nails. How did this happen?

- Roger D., Round Rock

While fungal nails are certainly not pleasant, the condition is actually very common. Fungal nails, an unsightly infection causing thickened, brittle, yellow nails, is caused by one of several microscopic organisms, similar to those that cause Athlete's Foot. Sweaty tennis shoes and moist socks create the perfect conditions for them. The fungi thrive in a warm, moist, dark environment and they eat the protein keratin that our skin produces. Unfortunately, self treatment of fungal nails is temporary. Use of a topical medicine may only prevent spread of the fungus to the surrounding skin. If you have fungal nails, it is best to see your foot specialist to begin treating the condition before it worsens.

VISIT OUR CONTACT PAGE TO SUBMIT YOUR QUESTION

and receive your gift of Miracle Foot Cream if yours is chosen to be featured in our newsletter!

WHEN SHOULD YOU CALL A PODIATRIST?

YOU SHOULD CALL A PODIATRIST ANYTIME YOU EXPERIENCE PAIN, DISCOMFORT, OR NOTICE CHANGES IN YOUR FEET. KEY INDICATORS INCLUDE:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that affect your feet.

FREE EDUCATION REGARDING FOOT CARE FOR RUNNERS AND DIABETICS



If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running or diabetes, please take advantage of our complimentary books, *Diabetes and Your Feet* and *Keep Running! Identify and Prevent Common Running Injuries*.

Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!



Advice for Hikers

LONG, VIGOROUS OUTINGS CAN TAKE A TOLL ON FEET

As brightly colored flowers dazzle the spring landscape, hikers and nature enthusiasts nationwide will migrate to mountains, woods and trails. Many, unfortunately, are ill prepared for the beating their feet will take.

Hikers and others who love the outdoors often don't realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain. Lax physical conditioning and inappropriate footwear sends scores of outdoor enthusiasts to their podiatrist each spring for treatment of foot and ankle problems such as chronic heel pain, ankle sprains, Achilles tendonitis, fungal infections and severe blisters.

To avoid such injuries, hikers are encouraged to make the investment in proper high-quality hiking footwear.

For avid hikers, this means strong, well insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that decreases strain on the arch by allowing the boot to distribute impact as the foot moves forward. A good rule of thumb: if a boot bends in the middle, don't buy it.

Hikers should also be aware of foot pain as a warning sign that something is wrong. The risk of serious injury escalates significantly if you continue hiking in pain. As with any terrain-based activity, beginners should take on less difficult trails until they become better conditioned and more confident.

Ignored injuries can worsen over time and take a nature lover off the trail for good. If you experience persistent pain following a hiking outing, please visit your foot and ankle specialist.



Myth AGING CAUSES FOOT PAIN

Truth TREATMENTS KEEP SENIORS ACTIVE AND PAIN FREE

Senior citizens with foot pain can do something about it. Instead of abiding by the faulty but commonly accepted notion that muscle and joint discomfort is a natural consequence of aging, seniors with foot problems should seek treatment rather than needlessly endure pain that will deprive them of an active lifestyle.

A study published in the Journal of the American Medical Association reported that bunion surgery is more than 80 percent successful in relieving pain. Given this outstanding success rate, there is no reason for any senior to be debilitated by bunions. Further, the adverse health implications of being inactive are far more serious than any risk associated with surgery.

Seniors who are avid walkers frequently experience heel pain, especially if they've been relatively inactive during the winter months. For those experiencing this problem,

taking ibuprofen or aspirin and doing daily stretching exercises usually provides some relief. But if heel pain persists more than two weeks, a consultation with a foot and ankle surgeon is recommended for definitive diagnosis and treatment.

Chronic heel pain originates deep within the foot, directly on the heel or within the bone's connective tissues, called the fascia. Pain can result when fascia become irritated or inflamed or when small spurs grow on the heel bone. In the large majority of cases, persistent heel pain can be treated successfully with orthotics, which provide cushion and support that help reduce inflammation and stress in the heel area.

Don't let foot pain prevent you from enjoying the golden years of life. Contact Austin Foot & Ankle Specialists so we can help prepare you for life's next adventure.

FIX FEET for Weight Loss Success

Being overweight can be a daily struggle, both internally and externally. Obesity aggravates foot problems like heel pain and flat feet; sore feet make it hard to exercise and lose weight; and without exercise, obesity worsens and exacerbates progression of diabetes, heart disease and other serious health threats.

Fortunately, many causes of foot pain can be relieved non-surgically through stretching exercises, orthotics and athletic shoes with good shock absorption and support. If a bunion, heel pain or other condition requires surgery, patients can participate during their recovery in non-weight-bearing activities, such as riding a stationary bike, swimming or weight training.

For those moderately to severely overweight, a thorough physical examination is needed before beginning an exercise program. These individuals are urged to not try to do too much too soon. Following



a gradual routine until your body adjusts to the stress of regular physical activity can minimize the chance of further injuries and make the process much more enjoyable.

Shedding excess pounds can also help diabetic patients control their disease, but many who experience foot ulcerations and vascular problems caused by diabetes might think they can't exercise. The truth is, with proper diabetic foot care and the right footwear most patients can follow an exercise regimen that is safe and appropriate for them.

Don't let foot pain prevent you from moving toward a healthier lifestyle.



INTRODUCING Summer FAMILY REWARDS

As a patient of Austin Foot and Ankle Specialists, we invite you to help us in bringing others into our family. **When you make referrals, we will reward you with the following:**

\$20 VISA GIFT CARD

FOR EVERY TWO REFERRALS



ONE ENTRY INTO A DRAWING FOR

THE NEW IPAD2



* The American Podiatric Medical Assoc. limits patient referral incentives to \$10

SIMPLY CLICK HERE to share the names of friends, family or colleagues you have referred to Austin Foot and Ankle Specialists, and we'll happily welcome them to our family.

Friends of AFA CROCS RX DISCOUNT PROGRAM



As a member of the Austin Foot and Ankle Specialists family, it is our pleasure to invite you to take advantage of the new "Friends of AFA" discount program with Crocs Rx.

Visit www.crocsrx.com/patients.html and enter the exclusive Austin Foot and Ankle Specialists promotional code at checkout to receive a 20% discount on all purchases!

AFA CODE: 17032308